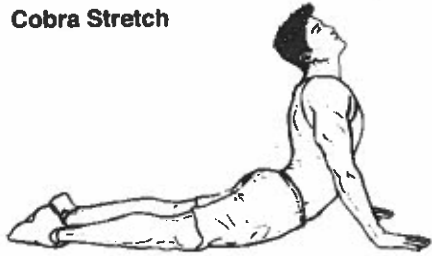


STRETCHES B - PERFORM EACH EXERCISE FOR 2 x 20-30" HOLD

1. Cobra Stretch



Begin lying face down on your mat with head slightly lifted and hand sitting directly under shoulders. Point your toes so the tops of your feet are on the mat. As you exhale, press arms straight and lift upper body and front of hips off the mat. Keep your legs and feet relaxed and on the ground. Keep your abdominals contracted and breathe slowly. Hold.

Target Body Parts: abdominals

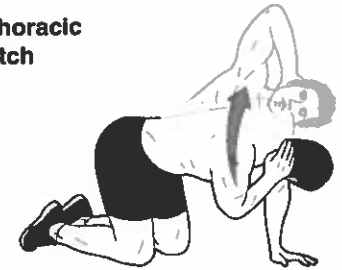
2. Child's Pose



Kneel on your mat with your knees wider than hip-width apart and your feet together behind you. Sit back on your heels (as best as you can) and fold forward, resting your belly on your thighs. Extend your arms out in front of you and rest your forehead on the floor. Gently press your chest and shoulders toward the ground to deepen the stretch. Hold.

Target Body Parts: shoulders, back, in addition hips and glutes

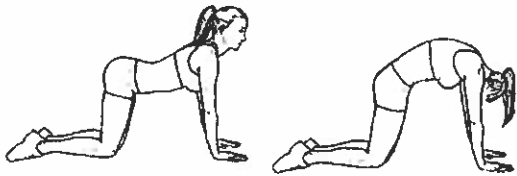
3. Quadruped Thoracic Rotation Stretch



Start on all fours, with your hands stacked under your shoulders and your knees stacked under your hips. Engage your core and maintain a flat back. Place your left hand on the back of your head, so that your elbow points out to the left side. Rest the hand lightly—don't put pressure on your head or neck. This is starting position. Slowly rotate your head and shoulder toward your right hand on the floor. Then, reverse the motion and rotate to the left and up so your elbow points toward the ceiling. Hold. Return to starting position. Continue this movement for 30 seconds, and then repeat on the other side.

Target Body Parts: Erector Spinae, Lats, Rhomboids, Subclavius, Subacupularis, Trapezius

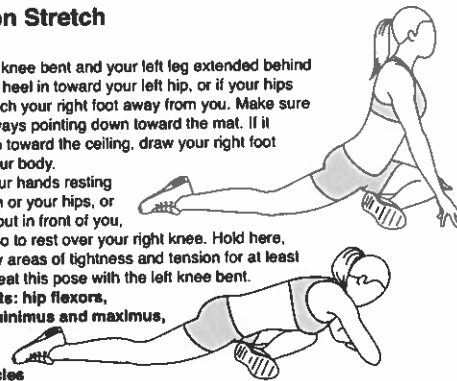
4. Cat Camel Stretch



Start the movement by bringing your head and pelvis towards each other - effectively rounding your back (the 'camel' position). Then raise your head and push your hips backwards, creating an arch in your back (the 'cat' position). With each position, extend as far as is comfortable and natural, the goal is not to force extreme range of motion, but rather to prepare the spine and back for more work.

Target Body Parts: Erector Spinae, Gluteus Maximus, Latissimus Dorsi, Rectus Abdominis, Supraspinatus, Trapezius I

5. Pigeon Stretch



Sit with your right knee bent and your left leg extended behind you. Pull the right heel in toward your left hip, or if your hips are more open, inch your right foot away from you. Make sure your left hip is always pointing down toward the mat. If it begins to open up toward the ceiling, draw your right foot back in toward your body.

Stay here with your hands resting on your right thigh or your hips, or walk your hands out in front of you, allowing your torso to rest over your right knee. Hold here, breathing into any areas of tightness and tension for at least five breaths. Repeat this pose with the left knee bent.

Target Body Parts: hip flexors, opens gluteus minimus and maximus, and relaxes the piriformis and psoas muscles

6. Butterfly Stretch



Sit tall on the floor with the soles of your feet together, knees bent out to sides. Hold onto your ankles or feet. Engage your abs, and slowly lower your body toward your feet as far as you can while pressing your knees toward the floor. If you're too tight to bend over, simply press your knees down.

Target Body Parts: opens the hips, and stretches the hip adductors—a muscle in your inner thighs.

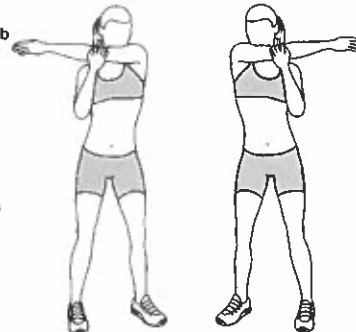
7. Standing Hamstring Stretch



Stand with feet closer than shoulder-width. Step forward with your left foot. Flex the left foot up towards you. Bend at the hips and place your hands on your thigh. Keep the left leg straight as you slightly bend the right knee. Feel the stretch along your left hamstring. Hold for the prescribed amount of time then switch sides.

Target Body Parts: hamstring

8. Cross-Body Shoulder Stretch

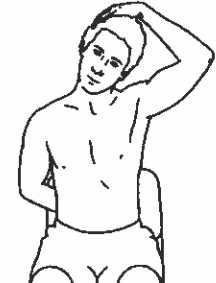


Start standing or sitting tall. Grab one arm above your elbow with your opposite hand, and pull it across your body toward your chest until you feel a stretch in your shoulder.

Make sure to keep your elbow below shoulder height. Hold. Repeat on the other side.

Target Body Parts: shoulders

9. Upper Trapezius Stretch



Start standing or sitting tall, and place one hand on your lower back, the other hand on the opposite side of your head. Pull your head toward your shoulder, looking straight ahead, until you feel a stretch in your neck.

Hold. Repeat on the other side.

Target Body Parts: trapezius